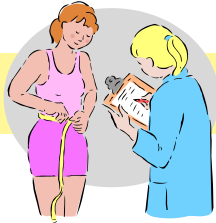


How Can I treat Hypertension?

Lifestyle Changes

Take
medications



Lose
Weight

Regular
Exercise



Stop
Smoking

See your
doctor



Healthy
Diet -
decrease salt

Limit alcohol
intake



Developed by
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March, 2006

Hypertension Education



VA North Texas Health Care System

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CAUSES OF HYPERTENSION (HIGH BLOOD PRESSURE)

Primary cause is unknown

Contributing Conditions:

1. poor diet
2. obesity
3. aging
4. genetics
5. lack of exercise
6. Diabetes



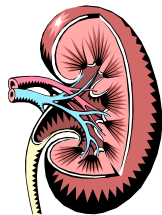
What is Normal Blood Pressure?

1. normal is less than 120/80
2. prehypertension
120-139/80-89
3. hypertension
greater than 140/90

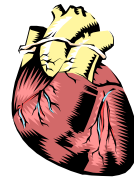


What health problems are associated with Hypertension?

1. Atherosclerosis –
high cholesterol
2. Kidney Disease



3. Heart Failure



4. Strokes



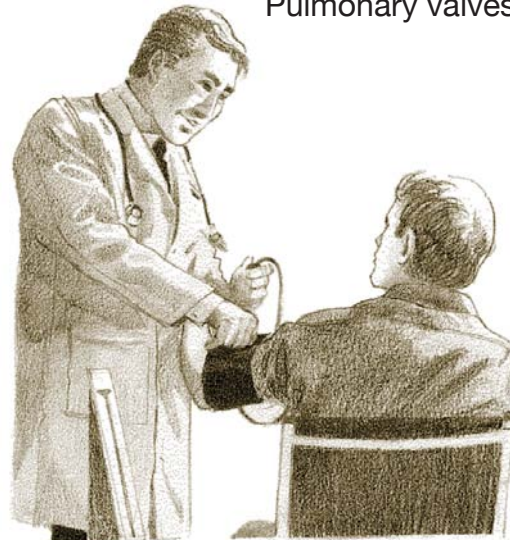
5. Eye disease

Medications and Hypertension?

1. increase the opening of the
blood vessels
2. decrease the work load of the
heart



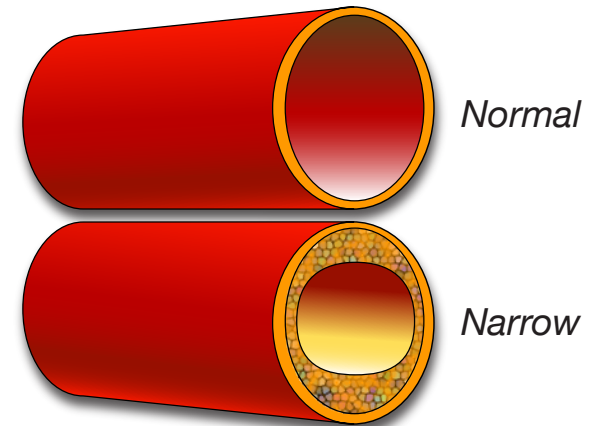
Pulmonary valves



BLOOD VESSELS IN HYPERTENSION

Normal Blood Vessel With No Blockage

1. wide opening for easy blood
flow
2. no extra workload for the heart...



Narrow Blood Vessel From High Cholesterol, Smoking, High Blood Pressure

1. Narrow opening makes it
harder for the heart to pump
blood through and causes the
Blood Pressure to increase.
2. Blood can clot in the vessel
because of the narrow opening
and cause a stroke.